



Serves: 4

Stir-fried Vegetable Medley

Ingredients

- Baby corn 50g
- Carrots 80g
- Mushrooms 50g
- Assorted green & red bell peppers 2
- Cauliflower florets 80g
- Small onions chopped 2
- Olive oil 1 tsp
- Crushed coriander seeds 1 tsp
- Whole red chillies 3
- Ginger paste & garlic paste 10g each
- Red chilli powder 1 tsp
- Tomatoes, medium-sized, chopped 1
- Onions, medium-sized chopped 2
- Turmeric powder ½ tsp
- Garam masala powder ½ tsp
- Natural Set Yoghurt 2 tbsp
- Salt, to taste
- Coriander leaves, chopped 1 tbsp

Tips:

- Use unsaturated oils (e.g. soybean oil, corn oil, peanut oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus, making them more available for absorption by the body.

Method

- Cut carrot, baby corn, bell peppers into 2-inch batons.
- Quarter mushroom and small onions, and cut cauliflower into florets.
- Blanch carrots, baby corn, mushroom and cauliflower.
- Heat oil in a pan and add crushed coriander seed until it crackles, then add whole red chillies and sauté.
- Add in chopped onions and fry until golden brown.
- Add in ginger and garlic paste and sauté. Add tomatoes and cook till soft.
- Add turmeric powder and chilli powder and garam masala powder, sauté and add in yoghurt. Fry well.
- Add in all the vegetables and stir-fry. Add salt to taste and mix well.
- Serve hot and garnish with chopped green coriander. Enjoy with naan bread

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 106kcal
Protein 4.1g
Total fat (g and % of total calories)
4.4g (34.1%)
Saturated fat 0.7g
Cholesterol 0.5mg
Carbohydrate 15.0g
Dietary Fibre 3.8g
Sodium 351mg